

# NHA Resident Review



A NEWSLETTER FOR THE RESIDENTS OF  
NORTHWEST HOUSING ALTERNATIVES

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## Legal Aid

If you cannot afford a lawyer, legal aid may be able to help you. There are legal aid offices throughout the United States. Legal aid offices are not-for-profit agencies that provide free legal help to people who cannot afford to hire a lawyer. While many legal aid offices only help people with very low incomes, some offices have more flexible income rules. Legal aid usually handles cases involving:

- **Domestic violence**— if your partner is abusing you, legal aid can help you obtain a protective order, a child custody order and divorce.
- **Family law**— if you have a child custody or divorce case, legal aid may be able to help. Call your local legal aid office or ask the Judge in your case to appoint a legal aid lawyer to represent you in court.
- **Housing**— if you are being evicted from your home or if your house is in foreclosure, legal aid may be able to help.
- **Public Benefits**— if you have a problem with welfare, Food Stamps, Medicaid, Supplemental Security Income (SSI), or Social Security, legal aid may be able to help.

To find a legal aid office near you go to [www.oregonlawhelp.org](http://www.oregonlawhelp.org) to find out who may be able to help with your legal problem. Civil legal aid **does not** handle cases for money damages such as medical malpractice, or car accident cases or traffic violation cases or criminal cases.

## For Kids! Summer Food and Head Start

The **Summer Food Service Program** provides free meals and snacks to all kids ages 1 to 18. There are over 800 summer meal sites in Oregon. Programs are run by park and recreation programs, faith organizations, YMCAs, Boys & Girls Clubs and schools

Summer meals are open to all families without paperwork or signing up – kids can just drop in. Many locations also offer fun activities so kids can stay active and keep learning! For locations, visit [summerfoodoregon.org](http://summerfoodoregon.org) or call 211 and ask about summer meals.

**Head Start** and **Oregon Pre-kindergarten** are Federal programs that promotes the school readiness of children from birth to age five from low-income families by enhancing their cognitive, social, and emotional development. Head Start programs provide a learning environment that supports children's growth in many areas such as language, literacy, and social and emotional development. Head Start emphasizes the role of parents as their child's first and most important teacher. These programs help build relationships with families that support family well-being and many other important areas.

Many Head Start programs also provide Early Head Start, which serves infants, toddlers, and pregnant women and their families who have incomes below the Federal poverty level. For more information about Head Start, visit the Oregon Head Start Association website or ask your Resident Services Coordinator for help.

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# A THANK YOU TO OUR PARTNER:



NHA would like to thank Northwest Children's Outreach (NWCO) for helping families with children 0-18 years of age living at Northwest Housing Alternatives units! NWCO provides donated (gently used and new) clothes, shoes, toys, small furniture, hygiene items, and more, to children aged 0-18! If you are in need of items for your children, contact your resident services coordinator!

### Save Big with the IDA Program

Are you thinking about saving up for a big purchase? The Individual Development Account (IDA) can help you get there! If you are interested in **purchasing a home or vehicle, starting a retirement savings account, or going to college**, the IDA program will match every dollar you save up to \$3,000 with \$3 more, allowing you to save \$12,000 total while only contributing \$3,000 yourself.

IDA is a state program funded by tax credits which is designed to help households earning low incomes purchase assets that help build wealth. The money you save must be used to **purchase a house or car, start a retirement savings account, or pay for college education**. In addition to saving money each month, you'll receive financial education and information about your purchase along the way. NHA residents who have participated in the IDA program have purchased homes, cars, and started their higher education, and you can do it too! If you are interested in learning more, contact your Resident Services Coordinator.

### Survey Thanks

Thank you to everyone who filled out our 2018 Resident Survey! We heard from more of you than ever before, and we are so grateful to you for taking the time to complete and return it. It is important to us that our program reflect what our residents want and need, and your survey responses help us learn how we can better fulfill your needs. We are working on compiling responses from all 32 NHA properties so we can get a clear sense of how to adapt our program to best serve you. More information will follow in our next newsletter!